



Aging Services / Lincoln Area Agency On Aging

ActivAge Downtown Center

The Golden Oak

1005 "O" Street, Lincoln, NE

December 2004

Pete Penguin's Holiday Picnic

December 4

8:00 a.m. - 1:00 p.m.

Hot Beverages ~ Rolls ~ Donuts

All you can eat Pancakes \$5.00
A Bowl Chili & Chips \$5.00
1/4 Pound Hot Dog

9:00 a.m. - 1:00 p.m. 10:00 a.m. - 1:00 p.m.

Kids activities!

Gingerbread Cookie Decorating
Face Painting
Quickie Crafts Projects
Santa and Mrs. Claus

* **ActivAge** *
* **Downtown Center** *
* **1005 "O" Street** *
* **441-7506** *



Holiday Lights Tour

December 10
5:30 p.m.

Cost of dinner, show, and tour is \$8.00, or \$12.00
with door to door van service.
Space is limited so don't delay.

**AGING SERVICES
DOWNTOWN CENTER**
**is open for lunch
on Saturday's**

ActivAge Downtown Center Holiday Happenings

Holiday Meal ~ December 9

Join us at 11:30 am for a really special holiday feast. Our menu is Swiss Chicken Breast with stuffing, Scalloped potatoes, Green beans with almonds, Cranberry sauce, Parker house roll/margarine, Peach pie

All for just \$3.00 for people 60 and over and \$5.00 for people under 60. Please be sure to make your reservation before December 22 by calling 441-7154.

Holiday Party ~ December 23

Join us for treats, spiced cider, seasonal music and loads of good cheer. The party starts at 9:00 a.m. with a showing of the holiday film classic *It's A Wonderful Life* at 9:00 a.m.

New Year's Eve Party ~ December 30

Say goodbye to the old year and say "Hello New Year" at our daylight party. The fun and the food starts at 10:00 a.m.

Chili and a giant cinnamon roll at 5:30 p.m.

At 6:00 p.m. Enjoy a toe tapping musical review chock full of movie favorites.

At 7:30 p.m. the tour will depart to view the sights and lights of the holiday season.

The tour will return to the Downtown Center around 9:00 p.m.

**Call us today at
441-7506 for
our reservation.**

"Everything's Waiting For You!"

Monday - Friday ~ 9:00 am - 4:30 pm
Saturday ~ 9:30 am - 1:30 pm



Weather Closing Information

KFOR, 1240 AM,
has been designated as the official
weather station for information on
closings and cancellations
involving ActivAge Centers.



Pool Tournament December 11 9:45 am

Cribbage Tournament December 28 9:00 am



All men and women of all skill levels are invited for
Pool & Cribbage Tournament play . Refreshments
are served and the winners receive a \$5 prize.

Cost is \$1 per person per tournament.

You May Quote Me

In the depth of winter,
I finally learned that
within me there lay an
invincible summer.

Albert Camus

One kind word can
warm three winter
months.

Japanese proverb

We make a living by
what we get,
we make a life by
what we give.

*Sir Winston
Churchill*

HAPPY HOLIDAYS!

O U Y D P K D L E M U M R L G
S S Z E E G P D F G L F U W I
C V A J C T H F O S O N E A F
C H R I S T M A S C A R D S T
T O M X N R F Y K B B N C Z O
Q I N Y E T A L L K E G O S F
M F N N D D L I W W U O N Q T
R F N Y I P T U Y E X N G L H
M O C L T Z U E C D I G A I E
D W O U E I A W S I T G D H M
V H S N P R M C B T A E E A A
S A M T S I R H C E Y D U F G
D Z A E B G D R X L M V A X I
W A V G U B M U H U L U E Y D
W E K W A N Z A A Y G I F T S

WORD LIST

BLITZEN
CHRISTMAS
CHRISTMAS CARDS
CUPID
DONNER
EGGNOG
GIFT OF THE MAGI
GIFTS
HANUKKAH
HOLIDAY
HUMBUG
KWANZAA
NEW YEARS EVE
SAINT LUCIA DAY
SCROGE
TINYTIM
YULETIDE



I hate aspects of this
time of year. Not for
its crass commercial-
ism and forced frivol-
ity, but because it's
the season when the
food police come out
with their wagging
fingers and annual
tips on how to get
through the holidays
without gaining 10
pounds.

Anonymous

**Pete
Penguin's
Picnic
December 4**



Monthly Birthday Party

The 2nd Thursday of the month
at 11:00 am, our Birthday Party includes a free
lunch, recognition and lots of fun.

Call us at 441-7154 to register.

**You must make reservations for your lunch
Tuesday before the party.**

ASDC Birthdays

Pat Birch (9), Rueben Worster (11),
Nealy Gates (13), Howard Cota (18),
Alice Breidenstine (19), Barb Goodwin (20),
Esther Sothan (31)

Other December Birthdays

Bette Midler (1), Andy Williams (3),
Kirk Douglas (9), Emily Dickinson (10),
Rita Moreno (11), Dick Van Dyke (13),
Jane Fonda (21), Humphrey Bogart (25)



Good Times Are "Waiting For You"

Aging Services Downtown Center Daily Events Calendar

Lower Level Recreation Center

Pool, Cards, & Exercise Rooms

Television Lounge & Game Room

Perfect for conversation, fun and games

Dining Room

Dominos & Cards ~ Music

Coffee & Conversation

The Clefs

Enjoy the **big band** sound of **The Clefs**

Every Monday

10:00 AM – 11:00 AM

Bilingual Bingo

White Elephant Bingo called in

English and Spanish.

Thursday & Saturday from 10:30 – 11:30 AM

Lunch - 11:30 AM

Meals are served daily, Monday through

Friday through Saturday at 11:30 am.

A monthly menu is available at the Center.

**Reservations must be made between
9:00 am and 12:00 noon two days in
advance by calling 441-7154.**

**Meal cancellations must be made no
later than 10:00 am the day of the meal
by calling 441-7154.**

The suggested donation for a meal is

\$2.00-4.00 for individuals 60 and over.

Guests under 60 may eat for \$4.00.

Volunteers may eat for the senior price of
\$2.00-4.00 .

Rick Dockhorn, LMT, owner of Massage Works!
is available every Wednesday at 10:00 am
in the lower level Exam Room for free neck,
shoulder, and back massages.

Aging Services Downtown Center will be closed on December 24, 25 & 31



Don't forget to order your
Handy Meals for the days off.

Bill of Rights Day December 15

On this day in 1791 the first 10 amendments to
the U.S. Constitution (known as the Bill of
Rights) were ratified.

DECEMBER Shopping

The ACTIVAGE DOWNTOWN CENTER van
provides shopping assistance on

Wednesday at 12:15 pm from the center,
to the store, and back to your front door.

The cost is \$1.00 per person. Call 441-7154.

Russ' Market ~

December 8 & 22

Walmart ~ December 29

Commodities ~ December 15



TAX TIME!!!



Tax time is right around the corner. Aging
Services Downtown Center is offering free tax as-
sistance. Gather together your W-4's, last years
taxes, and any other information you need and
call us at 441-7506 for your appointment anytime
after January 5.

Appointments begin at 10:00 a.m. – 2:00 p.m.
starting February 5th and going through April
14th.

Services Are "Waiting For You"



ENTERTAINMENT MATTERS

Discount Prices for Performances, Tours, & Travel

ActivAge Peak program offers senior discount tickets for many special entertainment events at the Lied Center, Howell Theater, the Lincoln Community Playhouse, and many others. You may purchase your tickets to this wonderful world of entertainment by calling us at 441-7506.

Aging Services

Downtown Center Band

These talented seniors play in our Dining Room every Monday from 10:00 - 11:00 am. For information on how to book the band for your event, call Milo Brchan at 488-6839.

HEALTH MATTERS

Aging Services

Lifetime Health Program

Comprehensive wellness and fitness services for persons 55+.

Senior Health Promotion Center

Offering free health and dental screenings. Every Thursday from 9:30 a.m. – 2:30 p.m. No appointments needed.



Fitness Center — Work off those extra pounds and sweat your way to fitness in our Fitness Center open Monday – Friday.

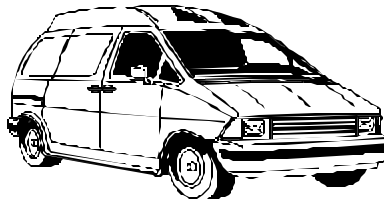
For more information call 441-7575.

TRANSPORTATION MATTERS

ActivAge

Downtown Center Van

From your front door to ours. Our Center van serves the area bounded by S.W. 2nd to 56th Street, Holdrege to Van Dorn. We ask a suggested donation of no less than **\$.50 per one-way ride**. If this poses financial hardship, see a staff member about possible financial assistance. To reserve a ride call, 441-7154, **the day before you need the van.**



Public Transportation

Books of 10 taxi passes are available at the Center front desk for \$9.00 and are valid for both cab companies. Senior Saver Star Tran passes are also available for \$10.00. Call 441-7506 for more information.

Parking

Attend classes at the Center that require a fee and we will provide you with one Park & Shop or Ride & Shop stamp for every hour in class. Limit: 3 hours/stamps, obtainable in the 2nd Floor office.

Join us for lunch, pay us .50 cents and we'll pay the rest of your first hour of parking.



Ride For Five

\$5.00 a Month On Star Tran Buses ANYTIME - ANYWHERE - ANY REASON

If you are low-income, you can now purchase a StarTran monthly bus pass for only \$5.00 (\$10.00 for HandiVan) Proof of income and date of birth are required.

Commodities – 438-5231

USDA Commodities are distributed the **3rd Tuesday of each month at 9:00 am.** Call 438-5231 to register, and pick them up at ASDC. Please bring photo ID and proof of income.

Aging Services Life Office

Specializing in information, referrals, and counseling for older adults and their families. This is your first stop for Elder Care, Elder Law, Financial Counseling, Senior Employment obtaining information, determining alternatives, and arranging services for individuals 60+. For more information on Aging Services Life services call 441-7070.



ActivAge Goal Computer Center

Computer classes geared for seniors are offered in the Computer Room, 2nd floor of the Center. **Call 441-7506 for information on classes.**

Volunteering

The Center has many volunteer opportunities in many different areas. Call us at 441-7506 for more information.

ActivAge Senior Centers Menu

December 2004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*</p> <p>LOW SODIUM ENTREE AVAILABLE</p>		<p>1</p> <p>Sloppy Joe Napoli Veg. Blend Orange Juice W.W. Bun Caramel Apple Cake Coffee, Milk, Tea</p>	<p>2</p> <p>Chicken Cordon Bleu Parslied Potatoes Pineapple Mallow Slaw W.W. Dinner Roll Margarine Vanilla Chocolate Swirl Pudding Coffee, Milk, Tea</p>	<p>3*</p> <p>Meatball Stew Cottage Cheese Sliced Peaches Crackers Biscuit Margarine/Honey Brownie Coffee, Milk, Tea</p>	<p>4</p> <p>Chicken Salad Sandwich Veg. Soup/Crackers Apricots W.W. Bun Angelfood Cake Topping Coffee, Milk, Tea</p>
<p>6</p> <p>Grilled Chicken Patty Potato Salad Green Beans Potato Bread Margarine Mandarin Orange Slices Coffee, Milk, Tea</p>	<p>7</p> <p>Meat Loaf Baby Lima Beans Diced Pears Rye Bread Margarine Vanilla Ice Cream Coffee, Milk, Tea</p>	<p>8</p> <p>Hamburger Patty Mashed Potatoes Cole Slaw W.W. Bread Margarine Tropical Fruit Coffee, Milk, Tea</p>	<p>9</p> <p>Swiss Chicken Breast with stuffing Scalloped potatoes Green beans w/almonds, Cranberry sauce Parker house roll/margarine, Peach pie</p>	<p>10</p> <p>Grilled Chicken Patty Augratin Potatoes V-8 Juice W.W. Bun/Mayo Diced Apples with Cinnamon Coffee, Milk, Tea</p>	<p>11*</p> <p>Bratwurst Sauerkraut Mashed Potatoes Rye Bread Margarine Sliced Peaches Coffee, Milk, Tea</p>
<p>13</p> <p>Baked Fish Tartar Sauce Corn Casserole Emerald Isle Gelatin Salad W.W. Bread Margarine Banana Pudding Coffee,Milk, Tea</p>	<p>14</p> <p>Shredded Beef in Gravy Mashed Potatoes Spinach Corn Muffin Margarine Apricots Coffee, Milk, Tea</p>	<p>15*</p> <p>Lasagna Tossed Salad Dressing Apple Juice Italian Bread Margarine Oatmeal Raisin Cookie Coffee, Milk, Tea</p>	<p>16</p> <p>Salisbury Steak Vegetable Gravy Chuckwagon Corn Glorified Rice Salad Vienna Bread Margarine Raspberry Sherbet Coffee, Milk, Tea</p>	<p>17</p> <p>Hamburger Patty Calif. Veg. Cheese Soup Diced Pears Crackers W.W.Bun Catsup/Mustard Pistachio Pudding Coffee, Milk, Tea</p>	<p>18</p> <p>Sloppy Joe Marvin's Vegetable Casserole Easy Fruit Salad W.W. Bun Ranger cookie Coffee, Milk, Tea</p>
<p>20</p> <p>Pork Roast/Gravy Mashed Potatoes Cinnamon Rosy Applesauce Dinner Roll Margarine Cherry Pineapple Dump Cake Coffee, Milk, Tea</p>	<p>21</p> <p>Chicken Breast with Tomato Basil Sauce over Rice Marinated Carrot Salad W.W. Bread Margarine Pineapple Tidbits Coffee, Milk, Tea</p>	<p>22</p> <p>Beef Sausage Gravy Asparagus Pear Half with Grated Cheese Biscuit Cookies & Cream Dessert Coffee, Milk, Tea</p>	<p>23*</p> <p>Turkey Ham Parmesan Potatoes Sunshine Gelatin Salad Raisin Bread Margarine Macadamia Delight Cookie Coffee, Milk, Tea</p>	<p>24</p> <p>CLOSED FOR THE WINTER HOLIDAY Handy Meals Available</p>	<p>25</p> <p>CLOSED FOR THE WINTER HOLIDAY Handy Meals Available</p>

27 Oven Fried Chicken Peas Macaroni Salad V-8 Juice Sourdough Bread Margarine Mixed Fruit Coffee, Milk, Tea	28 Swiss Steak Broccoli/Corn Casserole Vegetable Gelatin Salad Potato Bread Margarine Orange/Cranberry Muffin Vanilla Pudding Coffee, Milk, Tea	29* Ham Loaf Scalloped Potatoes Mixed Vegetables W.W. Bread Margarine Diced Apples w/Cinnamon Coffee, Milk, Tea	30 Chili Grated Cheese Chopped Onions Carrot Coins Mandarin Orange Slices w/Pineapple Tidbits Cornbread/Honey Margarine Strawberry Ice Cream Coffee, Milk, Tea	31 CLOSED FOR THE NEW YEARS HOLIDAY Handy Meals Available	<i>Saturday</i> <i>Meals</i> <i>Only at</i> <i>Downtown</i> <i>ActivAge</i> <i>Senior Center</i>
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